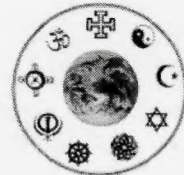




Concordia
UNIVERSITY

Campus Ministry



Learning the ART of Focusing

Harmonizing Body, Mind and Spirit – An eight session workshop

What focusing is...

...a specific technique/a gentle process facilitating your...

...getting in touch with your own body's capacity for wisdom, creativity and self-healing

...owning your true self

...identifying and dealing successfully with issues you have been carrying

...discovering the body-feel of the spirit

When: Wednesdays, beginning October 7 – 1:30-2:30

Where: Annex Z (SGW), 2090 Mackay, Room 105

For more Information:



Michelina Bertone, S.S.A.

848-3591